

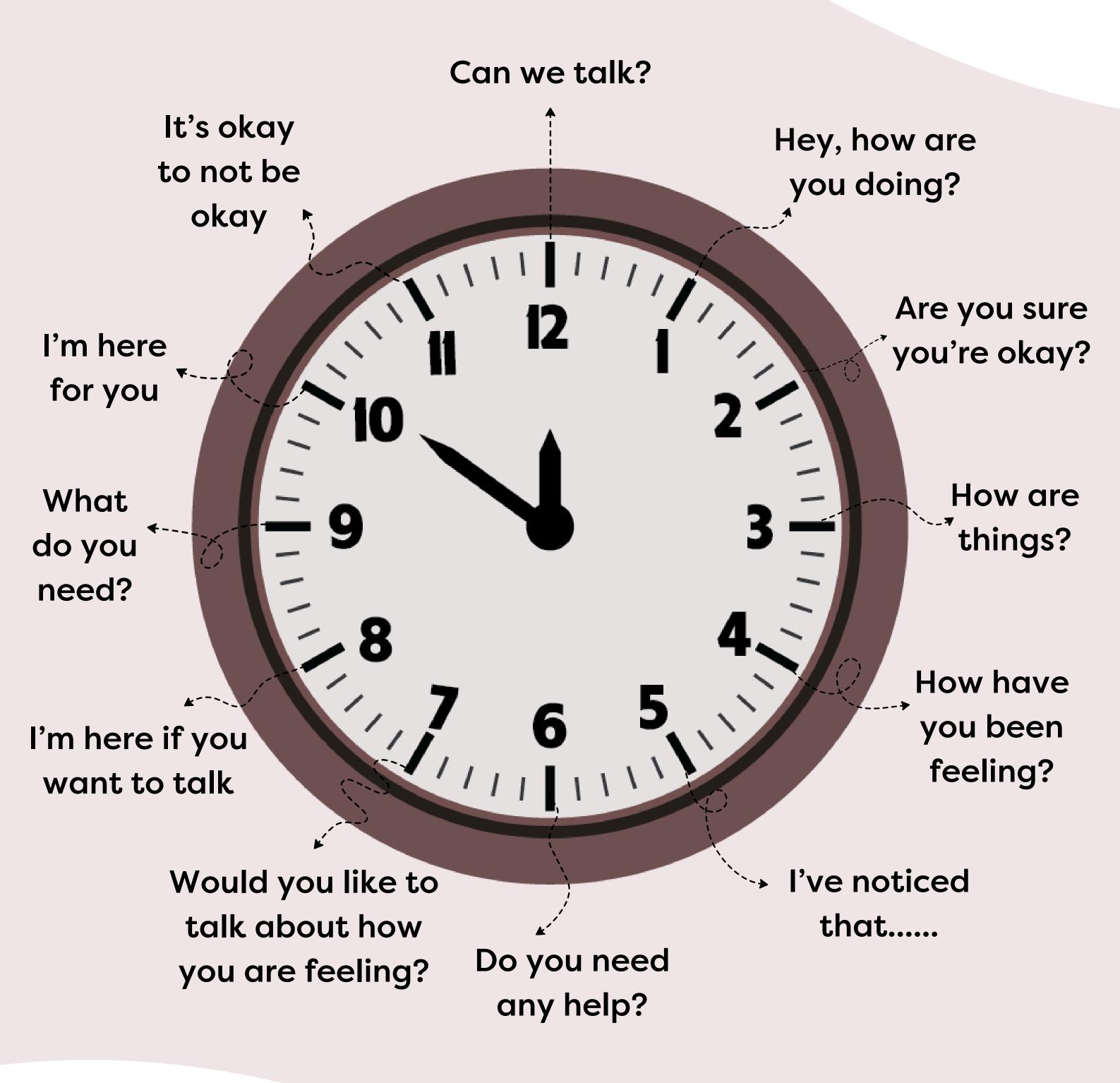
It's time to talk



Talking about how we feel can be really hard, especially if we don't know what to say. Here are a few conversation starters you can use when it's time to talk.



It's time to talk



It can be hard seeing people we love struggle, sometimes people need to talk but they don't know how to start the conversation. Here are some phrases you can use when it's time to start that conversation.